

5 A Day Recipes

Red Recipes

Creamy Tomato-Pepper Pasta

Serves 4

This creamy pasta dish is nearly as easy as opening a jar.

- 1 small onion, chopped
- 2 tbsp. garlic, minced
- 2 tbsp. olive oil
- 1 large red bell pepper, chopped
- 3 cups fresh tomatoes, seeded and chopped
- 1/4 cup non-fat half-and-half (available in the dairy section)
- 1/4 cup Parmesan cheese, grated
- 1/2 tsp. black pepper
- 1 pound dry bowtie or penne pasta (red pasta, if you can find it), cooked and drained

Sauté garlic and onion in oil on medium-low heat until the onion is translucent, splashing in a few drops of water midway through cooking, if necessary, to prevent burning. Bright and fresh both in color and flavor, it's power-packed with fresh tomatoes and red bell pepper. Add bell pepper and sauté until tender-crisp, about 2 minutes. Stir in tomato and bring to a simmer. Turn the heat off, let mixture cool down for a minute or two, and gradually stir in half-and-half. Add cheese and pepper, stir, and turn heat to low. Cook until heated again, and serve over pasta.

Nutritional Analysis per serving:

567 calories
98 grams
19 grams protein
10 grams fat
2 grams saturated fat
4 milligrams cholesterol
196 milligrams sodium
7 grams fiber
17% calories from fat
2 "5 A Day" servings